

Canning Poultry

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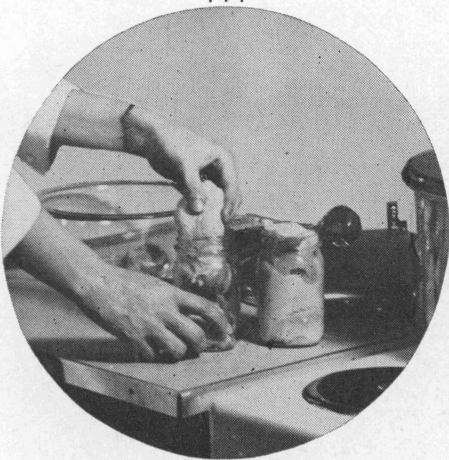


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Canning Poultry

by

Extension Foods and Nutrition Specialists
Texas A. & M. College System

Poultry is a favorite with Texans. The task of killing, dressing, and canning poultry will seem worthwhile when you consider that it is an excellent source of high quality protein and a good source of vitamins and minerals. Good quality canned chicken on the storage shelf means time may be saved later in preparing delicious chicken dishes. Chicken may be canned with or without bone.

Can only mature birds. They will yield more meat with good texture and flavor. Canning fried chicken is not recommended because it does not have as good texture and flavor. There is danger of spoilage, and the fat soon becomes rancid.

Follow directions in B-149, Processing Poultry, for killing and picking birds. Follow these steps in preparing the chicken for canning.

BONING CHICKEN FOR CANNING

Start with a ready-to-cook chicken which has been thoroughly chilled. Remove meat from large bone of the wing by cutting skin around the bone, and then cut meat off towards the body of the chicken as shown in Figure 1. When meat is cut off down to wing joint, remove wing by dis-jointing. This leaves all the meat removed from the wing connected to the breast meat.

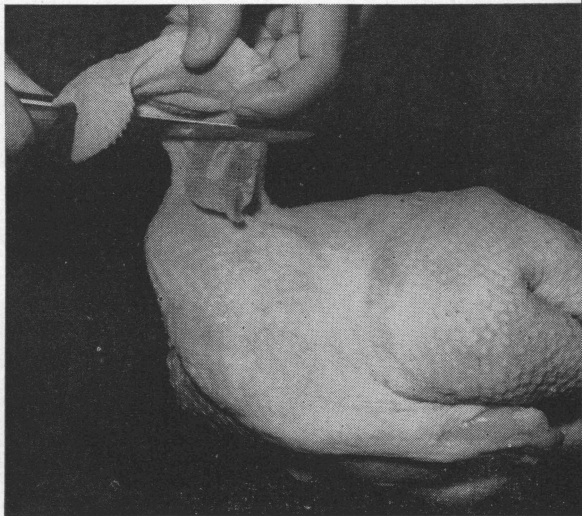


Fig. 1



Fig. 2

Remove the leg for boning. First step is to disjoint leg at hip joint. Do this by placing chicken on its back and cutting between leg and breast down to joint as shown in Figure 2.

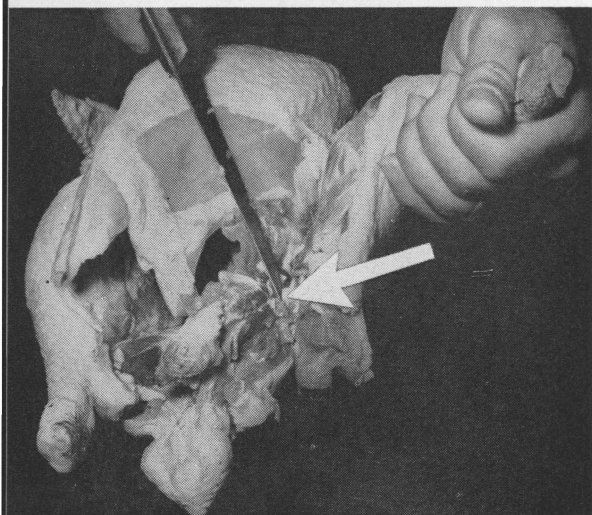


Fig. 3

Next apply pressure on side of breast with side of knife and also apply outward pressure on leg with hand. This will open up the joint as shown in Figure 3.

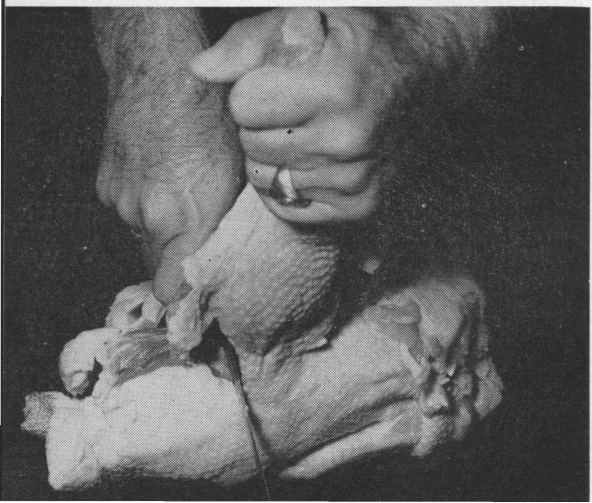


Fig. 4

The final step in removing leg is to begin cutting from rear of hip to a point just past hip joint. Then by placing knife edge against hip bone as shown in Figure 4 and pulling sharply on the leg, the oyster in the back will peel out. Turn chicken over and remove opposite wing and leg.

First step in boning the leg is to place flat on skin side and cut skin around bone just below hock joint. Then cut along drumstick and thigh bones as indicated by dotted lines in Figure 5.

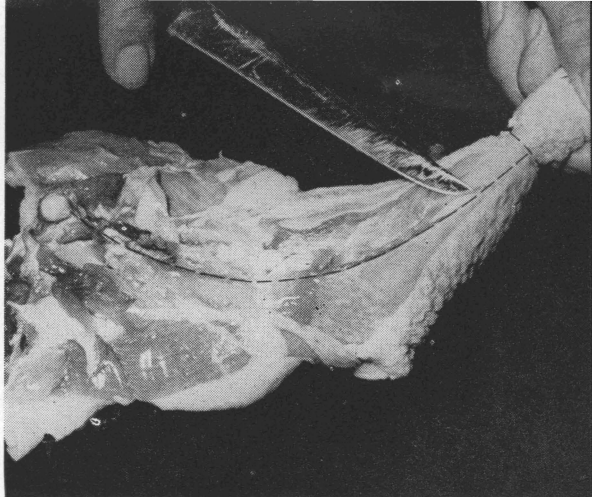


Fig. 5

Next cut meat away from drumstick bone as shown in Figure 6.

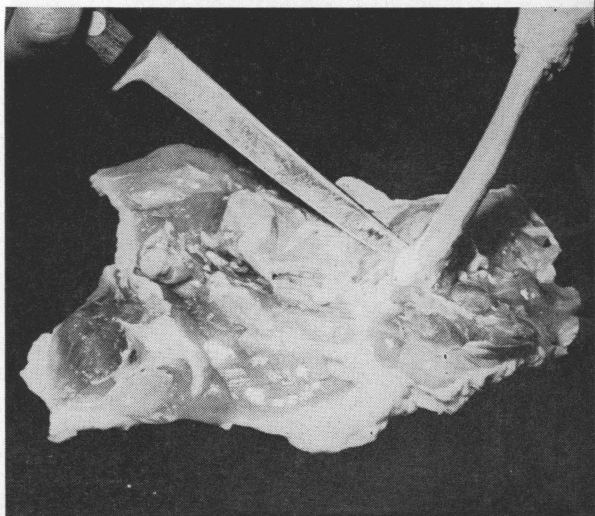
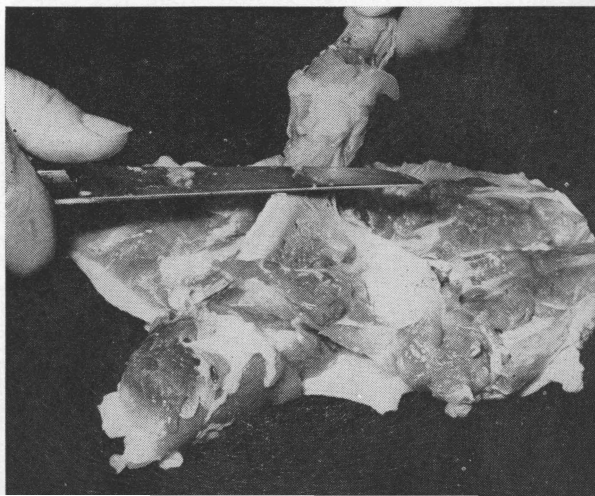


Fig. 6

Fig. 7

The last step is to scrape meat off thigh bone by placing the knife as shown in Figure 7 and pushing downward. This procedure leaves all the meat from the leg in one piece which is desirable for canning.



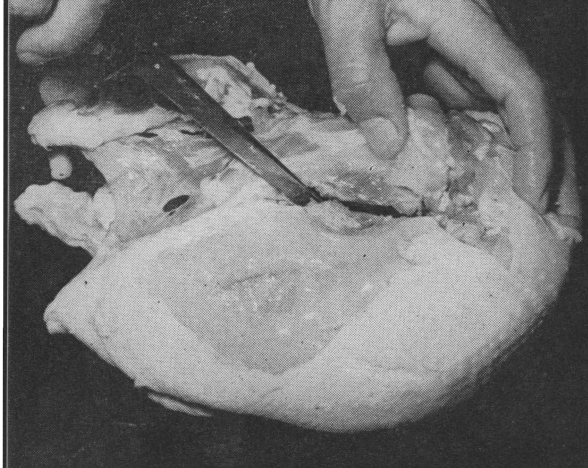


Fig. 8

Next step in boning carcass is to separate back and breast. Do this by placing knife through openings at wing joints and then cutting back through ribs and flank as shown in Figure 8.

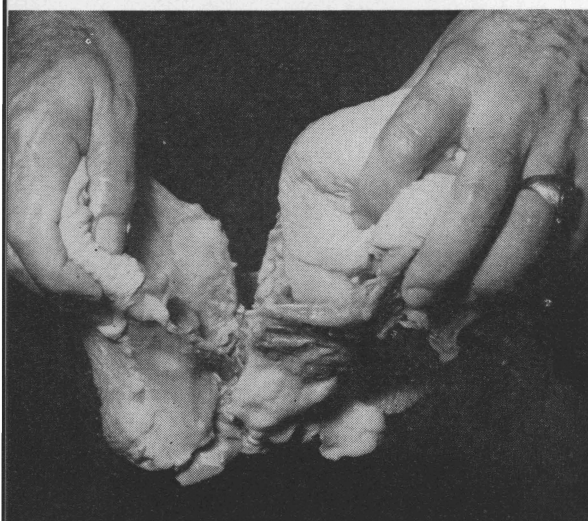
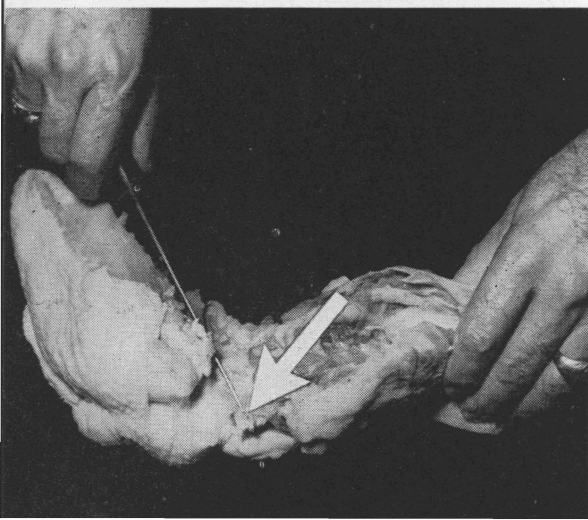


Fig. 9

Next apply outward pressure at the end of the keel bone and tail end of back as shown in Figure 9. This will dislocate bones at wing joints.

Fig. 10



To complete the separation of back and breast cut the connecting tissues and cartilage at the wing joints as shown in Figure 10.

To remove meat from breast bone place on either side and begin cutting at top along the ribs. Cut meat away from breast bone until the bottom of breast bone is reached as shown in Figure 11. Next turn breast over and remove meat from other side. This procedure leaves breast meat in one piece.

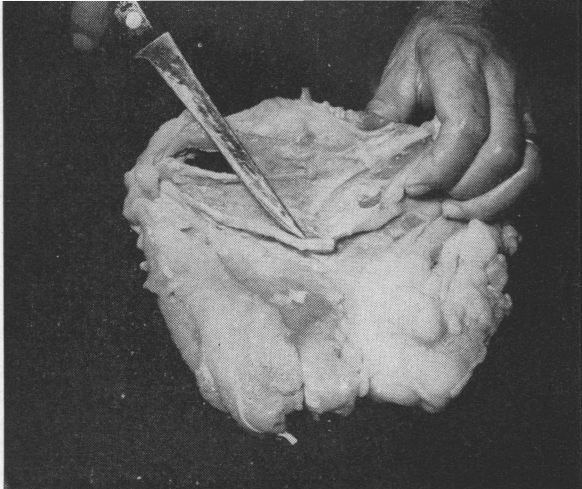


Fig. 11

Remove the meat on each side of the shoulders of the carcass by cutting off the scapula bone with meat attached as shown in Figure 12.

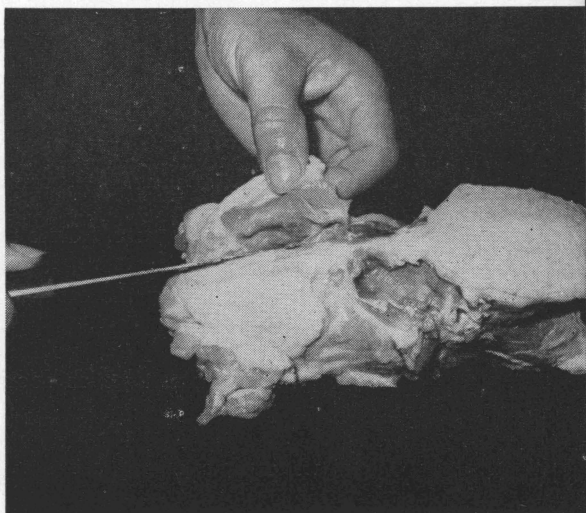
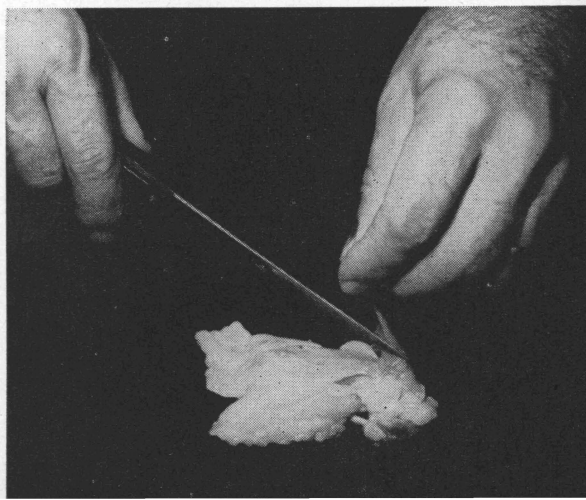


Fig. 12

Fig. 13

After meat and bone have been removed, then cut scapula bone away from the meat as shown in Figure 13.



CANNING BONED CHICKEN (Pack Raw and Steam Method)

White and dark meat may be canned separately or combined. Can giblets in separate containers as they will make the other chicken slightly dark and off flavor.

1. Wash all jars or cans in hot soapy water and rinse well. Do not immerse can lids with paper gaskets in water; wipe off with a damp cloth. C enamel tin cans are preferred, as plain tin cans sometimes cause poultry meat to be dark. The meat canned in glass is sometimes overcooked due to slower handling and cooling.
2. Add $\frac{1}{2}$ teaspoon salt to each pint and No. 2 can and 1 teaspoon salt to each quart and No. 3 can.
3. Pack raw meat tightly into containers. Allow it to come even with the top of the jar. Pack tin cans $\frac{1}{4}$ to $\frac{1}{2}$ inch above the top of the can.
4. Place the filled containers without lids on a rack in warm water. The water may be boiling if cans are used, but warm water is used for jars containing cold chicken. Allow the water to come 2 inches below the top of the containers. Cans may be staggered. Do not stack jars.
5. Fasten the lid on the canner. Leave the pet cock open the entire time of steaming.
6. Count steaming time as soon as there is a good issue of steam from the pet cock.

Steam pints and quarts ----- 75 minutes

Steam No. 2 and No. 3 cans ----- 50 minutes

7. At the end of the steaming time remove lid from the canner. Leave canner on low heat to keep hot. Lift out one container at a time and press the chicken down so that the meat juice will cover pieces of meat. Work out air bubbles. If pack is not full, take out some chicken from one container to fill all the others. If too full, remove excess broth or chicken. Allow $\frac{1}{2}$ inch headspace from the top of the liquid to the top of the jar or $\frac{1}{4}$ inch from the top of the liquid to the top of the can. Wipe off sealing edge, and close according to the type of closure being used.

8. Place the closed containers of hot chicken in the pressure canner which contains $1\frac{1}{2}$ to 2 inches boiling water.

9. Fasten the lid on the pressure canner securely. Leave the pet cock open until the steam escapes steadily for ten minutes so that no air will remain in the canner. Close the pet cock.

10. Count processing time as soon as the pressure reaches 10 pounds.

Process pints -----	75 minutes
Process quarts -----	90 minutes
Process No. 2 cans -----	65 minutes
Process No. 3 cans -----	90 minutes

11. Adjust pressure according to the following table for altitudes more than 1,000 feet:

<i>Feet Elevation</i>	<i>Pounds Pressure to Use</i>
1-1000	10
1000-3000	11
3000-5000	12

12. Keep a uniform pressure by adjusting the heat or by moving the canner carefully.

13. At the end of the processing time remove the canner from the heat.

- a. For No. 2 cans open the pet cock slowly until all steam is released and the gauge registers zero. Open the canner, remove the cans, and plunge them into cold water at once.
- b. For No. 3 cans and glass jars allow the canner to cool until the gauge registers zero. Open the pet cock gradually and remove the lid. Plunge No. 3 cans into cold water immediately. Leave glass jars in canner about five minutes. Remove and place right side up on a rack far enough apart to cool quickly. Complete seal if necessary depending on the type closure being used. Do not place in a draft or on a cold surface.

14. When containers are cool, label and store in a cool, dry, dark place.

CANNING CHICKEN WITH BONE

(Pack Raw and Steam Method)

See directions for disjointing chicken in Extension bulletin B-177, Freezing Poultry for Home Use.

1. Bone the breast, saw drumsticks off short, if desired, but leave bone in all meaty pieces. Trim off large lumps of fat. Sort into meaty pieces and bony pieces. Set giblets aside to can separately.

2. Add $\frac{1}{2}$ teaspoon salt to each pint and No. 2 can and 1 teaspoon salt to each quart and No. 3 can.

3. Pack thighs and drumsticks with skin side next to glass or tin. Fit

breasts into center, smaller pieces where needed. Pack glass jars to about one inch from top; pack tin cans to top.

4. Place filled containers without lids on a rack in warm water. Allow water to come 2 inches below the top of the container. Fasten the lid on the pressure canner. Leave the pet cock open the entire time of steaming. Count steaming time as soon as there is a good issue of steam from the pet cock.

Steam pints and quarts ----- 75 minutes

Steam No. 2 and No. 3 cans ----- 50 minutes

5. Adjust lids on glass jars according to type of closure being used; seal tin cans.

6. Place the closed containers of hot chicken in the pressure canner which contains $1\frac{1}{2}$ to 2 inches boiling water.

7. Fasten the lid on the pressure canner securely. Leave the pet cock open until the steam escapes steadily for ten minutes so that no air will remain in the canner. Close the pet cock.

8. Count processing time as soon as the pressure reaches 10 pounds.

Process pints ----- 65 minutes

Process quarts ----- 75 minutes

Process No. 2 cans ----- 55 minutes

Process No. 3 cans ----- 75 minutes

9. Follow steps 11, 12, 13 and 14 on page 9.

CANNING CHICKEN WITH BONE

(One Step Raw Pack Method)

Dress and disjoint chicken. See directions for disjointing chicken in Extension bulletin B-177, Freezing Poultry for Home Use. Sort chicken into meaty and bony pieces, setting giblets aside to can separately. Bone the breast. Saw drumsticks off short if desired but leave bone in all meaty pieces. Trim off lumps of fat. Put one teaspoon salt in each quart glass jar. Pack thighs and drumsticks with skin next to the sides of the jar. Fit breasts in center of jar and then smaller pieces where needed. Pack to one inch from top of jar and close according to type of closure. No water is needed. Place closed jars of cold chicken in pressure canner which contains $1\frac{1}{2}$ to 2 inches warm water.

Leave the pet cock open until steam escapes steadily for ten minutes. Close the pet cock. Count processing time as soon as the pressure reaches 10 pounds.

Process quart jars ----- 80 minutes

CANNING MEAT FROM BONY PIECES

1. Put neck, wing tip, and bones from which most of the meat has been removed in the pressure canner. Add 1 cup water per chicken and process at 10 pounds pressure for 35 to 40 minutes. The bony pieces may be covered with water and simmered in a covered saucepan until the meat slips from the bone.
2. Remove meat from the bone. Chop or grind coarsely.
3. For each 2 cups of meat add $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ cup of broth.
4. Mix and heat to boiling.
5. Pack into containers quickly leaving $\frac{1}{2}$ inch headspace in glass jars and $\frac{1}{4}$ inch headspace in C enamel tin cans.
6. Close immediately according to type of container being used. Process at 10 pounds pressure.

Process pints -----	75 minutes
Process quarts -----	90 minutes
Process No. 2 cans -----	65 minutes
Process No. 3 cans -----	90 minutes

CANNING GIBLETS

1. Can the livers alone and put gizzards and hearts together. If there are not enough to can separately, they may be canned together.
2. Cover gizzards and hearts with water and simmer 20 to 25 minutes.
3. Cover livers with water and simmer ten minutes. If canned together, add livers to gizzards and hearts for the last ten minutes of cooking time.
4. Pack into containers while boiling hot and cover with broth, leaving $\frac{1}{2}$ inch headspace in glass jars and $\frac{1}{4}$ inch headspace in C enamel tin cans.
5. Close according to type of closure being used.
6. Process at 10 pounds pressure.

Process pints -----	75 minutes
Process quarts -----	90 minutes
Process No. 2 cans -----	65 minutes
Process No. 3 cans -----	90 minutes

CANNING BROTH

1. Extra broth left from cooking the bony pieces may be canned.
2. Skim off fat, remove all pieces of bone, but do not strain out meat and sediment.
3. Pour boiling hot broth into containers. Leave $\frac{1}{2}$ inch headspace in glass jars; fill tin cans to top.
4. Close according to type of closure being used.
5. Process at 10 pounds pressure.
Process pints and No. 2 cans ----- 20 minutes
Process quarts and No. 3 cans ----- 25 minutes

CANNING CHICKEN TAMALES

2 cups ground chicken	$\frac{1}{2}$ teaspoon comino seed
$\frac{1}{4}$ cup chili pulp, or	$\frac{1}{2}$ teaspoon red pepper
3 tablespoons chili powder	1 teaspoon salt
2 tablespoons chopped onion	4 tablespoons broth
$\frac{1}{2}$ teaspoon finely chopped garlic	

Mix thoroughly and roll in a masa which may be bought already mixed in some places or made as follows:

MASA

- 1 teaspoon salt
- 2 tablespoons of chicken fat
- 2 cups of corn meal, or corn flour, found on the market under various trade names, but manufactured purposely for making masa and tortillas.

Scald the meal or flour with hot broth or water, making a soft dough which will spread easily. Let set about ten minutes and work dough again, adding more broth if necessary.

Commercial shucks may be used, or shucks may be prepared at home. Select shucks from long ears of corn and clip ends. Place in large vessel, cover with hot water, bring to a boil, cover and set aside until ready for use. Remove a few shucks at a time, dry and spread with masa as follows:

1. Place shuck on flat surface.
2. Begin about one inch from the large end of the shuck and spread one tablespoon of masa $3\frac{1}{2}$ inches long and $2\frac{1}{2}$ inches wide. Square up the sides and ends of the masa.

3. Shape 1½ tablespoons of the chicken mixture in a 3½ inch roll, and place in the center of the masa.
4. Roll the shuck around the masa.
5. Fold the ends of the shuck back and pack into the container. For a more attractive pack cut the shuck even with the tamale.
6. Fit tamales lengthwise into cans. Made this size, twelve tamales can be packed into a No. 2 can.
7. Add 2/3 cup hot broth or water to No. 2 cans.

Steam No. 2 cans ----- 50 minutes

Seal and process at 10 pounds pressure.

Process No. 2 cans ----- 65 minutes

Recipes for Using Canned Chicken

CHICKEN CROQUETTES

- 1 No. 2 can or 1 pint boned chicken
(chopped) or ground chicken
- 1 small onion, chopped fine
- Salt, pepper and celery salt to taste
- Mix well.

Make a sauce of the following:

- 1 cup milk
- 3 tablespoons butter or margarine
- 3 tablespoons flour

Melt fat, add flour and blend. Add milk and cook over low heat until thick and smooth, stirring constantly. Combine sauce with chicken. Cool. Shape into croquettes, dip in beaten egg, then roll in fine crumbs. Fry in deep hot fat until brown. Serves 6.

NOTE: Shallow fat may be used for the frying.

CHICKEN TURNOVERS

- | | |
|-----------------------------------|--------------------------|
| 1 No. 2 can or pint boned chicken | ¼ teaspoon salt |
| (chopped) or ground chicken | ¼ teaspoon pepper |
| 3 tablespoons butter or margarine | 2 teaspoons minced onion |
| 3 tablespoons flour | Plain pastry (made with |
| 1 cup milk | 2 cups flour) |

Melt fat, add flour and blend. Add milk and cook over low heat until thick, stirring constantly. Combine with chicken. Cool. Roll out pastry $\frac{1}{8}$ inch thick. Cut circles or squares of dough. Place 2 tablespoons of chicken mixture over one half of the dough. Bring other half over the filling, and seal the edges. Place on cookie sheet and bake in hot oven (450 degrees F.), until brown, about 20 to 30 minutes. Serves 6.

ALA CHICKEN IN CORNBREAD RING

Corn Bread Ring

- | | |
|------------------------------|------------------------------|
| 1 teaspoon poultry seasoning | 4 teaspoons baking powder |
| 1 cup corn meal | 1 egg |
| 1 cup flour | 1 cup milk |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ cup shortening |
| $\frac{1}{2}$ teaspoon salt | |

Sift all dry ingredients together into medium-sized bowl. Beat egg, add milk and melted shortening. Pour over dry ingredients. Mix well. Bake in a greased 8-inch ring mold in hot oven (425 degrees F.) 25 minutes or until golden brown. Turn out onto platter. Fill center of cornbread ring with Ala Chicken. Makes 8 servings.

Ala Chicken

- | | |
|---|---|
| 1 No. 2 can or pint canned chicken, cubed | $\frac{1}{4}$ teaspoon marjoram or thyme |
| $\frac{1}{3}$ cup butter or margarine | $\frac{1}{4}$ teaspoon Worcestershire sauce |
| $\frac{1}{2}$ cup chopped onion | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup diced celery | $\frac{3}{4}$ cup milk |
| $\frac{1}{3}$ cup flour | 2 cups chicken broth |

Melt fat over low heat; saute onion and celery until lightly browned. Add flour and seasonings; blend until smooth. Add milk and chicken broth gradually. Cook, stirring constantly, until sauce is thick and smooth. Add Worcestershire sauce. Add chicken to sauce and heat thoroughly. Pour into baked, cornbread ring. Serve immediately.

CHICKEN TETTRAZINI

- | | |
|---|---|
| 1 No. 2 can or pint canned chicken, cubed | Cream Sauce— |
| 1 can mushrooms | 3 tablespoons butter, margarine, or chicken fat |
| 3 tablespoons butter | 3 tablespoons flour |
| $\frac{1}{2}$ lb. Italian spaghetti | 2 cups chicken broth |
| Parmesan cheese, grated | 1 cup heavy cream |
| | Pepper |

Slice mushrooms and saute in fat over moderate heat until brown. Break $\frac{1}{2}$ lb. Italian spaghetti into small pieces and cook in large amount of salted water until tender. Make cream sauce using fat and flour, gradually adding hot strained chicken broth, stirring until smooth and boiling point is reached. Stir in 1 cup of heavy cream. Divide sauce, add chicken to one half and spaghetti and mushrooms to other half. Put spaghetti half into a baking dish making a hole in the center for chicken mixture. Cover with grated Parmesan cheese and bake in moderate oven (350 degrees F.) until lightly browned, about 10 minutes. Serves 10 to 12.

CHICKEN CREAM PIE

2 cups flour	$\frac{2}{3}$ cup shortening
2 teaspoons baking powder	$\frac{1}{2}$ cup hot water
1 teaspoon salt	3 teaspoons lemon juice
1 egg yolk	1 No. 2 can or 1 pint boned chicken

Sauce:

1 tablespoon fat
1 tablespoon flour
1 cup milk or broth

Mix and sift the dry ingredients. Melt the shortening in the hot water, add lemon juice and egg yolk. Add this slowly to the dry ingredients and mix well. The dough is soft and works better if chilled. Divide the dough. Line the sides and bottom of a baking dish. Fill the dish with canned chicken which has been cut into small pieces, and cover with the thin white sauce. Cover the baking dish with the remainder of the dough. Cut small slits in the top of the pastry. Place in a hot oven (450 degrees F.) and bake 20 to 25 minutes. For individual service, bake in custard cups or ramekins. Serves 6.

CHICKEN SALAD

1 pint or No. 2 can boned chicken	4 tablespoons chopped mixed
2 tablespoons chopped green olives	pickle
1 cup chopped celery	2 hard cooked eggs, sliced
$\frac{1}{2}$ cup toasted almonds, or pecans, chopped	$\frac{1}{2}$ cup mayonnaise or to suit taste

Open home canned chicken and simmer ten minutes in open saucepan.*

Chill chicken and cube. Combine with other ingredients and toss lightly. Serve on lettuce. Serves 6.

*This step is a precautionary measure to avoid possible botulism poisoning.

CHICKEN MOLD

2 to 3 cups canned chicken, cubed	$\frac{1}{4}$ cup cold water or broth
1 cup diced celery	$1\frac{1}{2}$ cups hot broth
2 cups cooked or canned English peas	1 cup mayonnaise
2 tablespoons chopped pickles, olives or chow chow	1 tablespoon lemon juice
3 hard cooked eggs	1 tablespoon Worcestershire sauce
2 tablespoons gelatin	1 teaspoon salt
	$\frac{1}{2}$ can pimiento, optional

Open home canned chicken and simmer ten minutes in open saucepan.* Cool.

Pour lemon juice over cubed chicken. Soak gelatin in cold water or broth. Dissolve in boiling hot broth. Chill. Mix chicken and other ingredients with the mayonnaise and add to broth. Place in mold and chill. Serve on lettuce. Serves 8 to 10.

*This step is a precautionary measure to avoid possible botulism poisoning.